



Development Cycle Step: Implementation
Module 1: Developing and Implementing Wellness Interventions
Key Takeaways and Action Checklist

Key Takeaways

In this module you learned:

- 1. A definition of implementation**
 - a. The act of putting into place the wellness interventions identified in your *Worksite Wellness Action Plan*.
- 2. The importance of thinking through and fully developing all the details of the Interventions from your *Worksite Wellness Action Plan*.**
 - a. Success is in the details. It is important to develop the interventions in enough detail to identify all the resources required. This means considering logistics, operations and administration for launching, managing and sustaining your programs. We encourage you to focus on your first goal, its objective and its interventions. Focus on one education and awareness program, one behavior change program and one worksite wellness policy or environmental support.
- 3. Examples and sources of evidence-based interventions for common priority areas and your goals and objectives.**
 - a. Environmental Support Guidance Document
 - b. <http://www.cdc.gov/healthscorecard/>
 - c. National Healthy Worksite Health Intervention Strategies and Links
- 4. How to use the *Intervention Worksheet and Project Plan***
 - a. The *Intervention Worksheet and Project Plan* is designed to help you fully develop your Worksite Wellness Action Plan and implementation approach
- 5. How to identify other important implementation considerations and ways to address them including:**
 - a. The role of leadership support
 - b. The roles of your Wellness Committee members
 - c. Linking your interventions to other organization programs
 - d. Incorporating community resources
 - e. Building and managing your budget
 - f. Communicating with all your target audiences

- g. Evaluating your progress and success
- h. The importance of timelines

Action Items Checklist

- ☐ 1. **The Wellness Champion and the Wellness Committee members will develop their interventions.**
The Wellness Champion and Wellness Committee will think through and complete an ***Intervention Worksheet and Project Plan or Plans*** for the interventions that support your number one priority area, goal and its objectives. Three ***Intervention Worksheet and Project Plans*** will be uploaded to the Learning Portal (one for education and awareness, one for behavior change program, and one worksite wellness policy or environmental support).

- ☐ 2. **The Wellness Champion and Wellness Committee members will discuss the overall considerations for implementation.**